

# Horseradish Mashed Potatoes

(makes 6 servings)

1 1/2 pounds russet potatoes, peeled and cut into chunks

about  
1/2 cup (120 ml) skim milk

2 teaspoons (8 g) reduced-fat margarine

1/2 tablespoon (8 g) prepared horseradish, or to taste  
salt (optional)

freshly ground pepper to taste

1. Put potatoes in a medium sauce and cover with cold water. Bring to a boil over high heat. Reduce heat and simmer until potatoes are tender, about 15 to 20 minutes.
2. Meanwhile, place milk and margarine in a glass measuring cup and microwave on HIGH for about 45 seconds, until milk is hot and margarine has melted.
3. Drain potatoes and mash with a potato masher or electric mixer. Beat in warmed milk mixture, whipping until potatoes have desired consistency. Stir in horseradish, salt (if using), and pepper.
4. Transfer potatoes to a serving bowl; serve hot.

**Per serving:** 104 calories (8% calories from fat), 3 g protein, 1 g total fat (0.2 g saturated fat), 22 g carbohydrates, 2 g dietary fiber, 0 cholesterol, 36 mg sodium

**Diabetic exchanges:** 1 1/2 carbohydrate (bread/starch)